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How to Tame Your Inner Chimp: A Guide to Managing ADHD with Mindfulness

MANAGE YOUR CHIMP



by Deva Hardeep Singh | Dharma Seeds Yoga Press© | 07 July 2023 |

How to Tame Your Inner Chimp: A Guide to Managing ADHD with Mindfulness

When I was prescribed Melleril for hyperactivity in the early 1970s, I thought to myself, “Yay, I get to be like Mommy!”

My mom had her own round tin filled with all her medications. Back then, hyperactivity was called ADD, then ADHD, and now some people fall into the neurodiversity field.

The brain differences that come with these conditions have challenged scientists, parents, and kids. It’s a vast spectrum, and no two people are exactly alike in terms of their symptoms.

MANAGE YOUR CHIMP



[youtube.com/watch?v=VQ-xaCiOJDs](https://www.youtube.com/watch?v=VQ-xaCiOJDs)

Mindfulness, meditation, and yoga are all practices that can be helpful for some neurodiverse people. However, they don’t always work for everyone, and that’s okay. Even if you don’t find that these practices help you manage your neurodiversity, you may still gain insights about yourself and find the path that’s right for you.

People who find mindfulness helpful often find that the results vary from person to person. What works for one person may not work for another. This is because mindfulness is a complex practice that can be adapted to different needs and preferences.

For example, some people find that they need to tweak the procedures of mindfulness practice. This might mean changing the length of the practice, the type of meditation, or the setting. Others find that they need to adjust their discipline. This might mean being more consistent with their practice or finding ways to make it more enjoyable. Still others find that they need to modify the asanas (yoga poses) they use. This might mean making the poses easier or more challenging, or finding poses that are better suited to their individual needs.

There is no right or wrong way to modify mindfulness practice. The most important thing is to find what works best for you. If you're not sure where to start, you can talk to a therapist or mindfulness instructor. They can help you develop a practice that is tailored to your individual needs and preferences.



Here are some examples of how people might modify mindfulness practice:

- **Someone who is easily distracted might shorten their mindfulness practice or find a quieter place to practice.**
- **Someone who is kinesthetic (learns by moving) might incorporate more movement into their mindfulness practice, such as walking meditation or yoga.**
- **Someone who has sensory sensitivities might use earplugs or eye shades to block out distractions.**

The important thing is to find what works for you and to be patient with yourself. It takes time and practice to develop a mindfulness practice that is effective for you.

Have you ever felt like your mind is a wild monkey, swinging from thought to thought without a care in the world? If so, you're not alone. People with ADHD often have what's called a "monkey mind," which is a term used to describe the feeling of having a constantly racing mind.

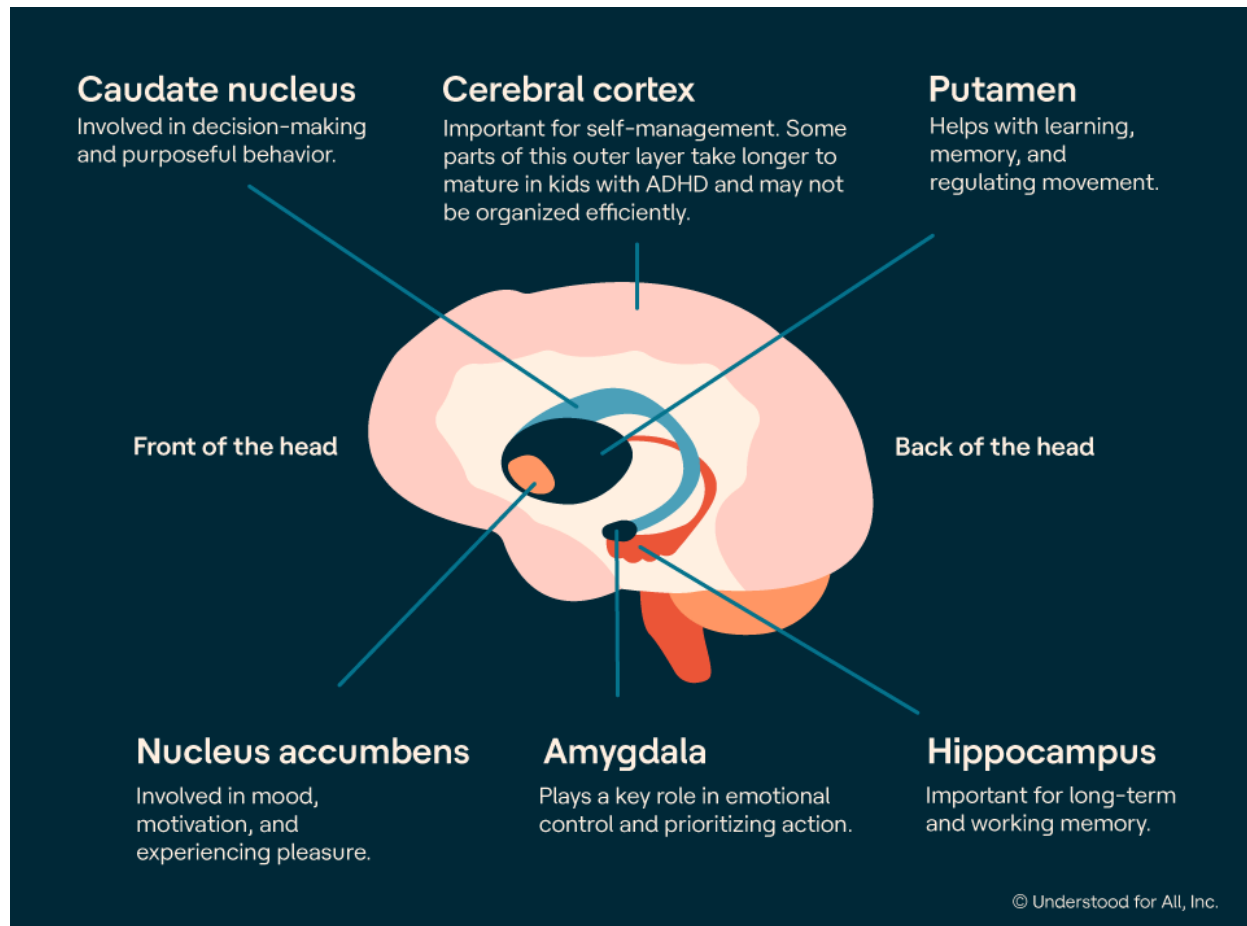
But don't worry, there's hope! Mindfulness can help you tame your inner chimp and learn to focus your attention more effectively.

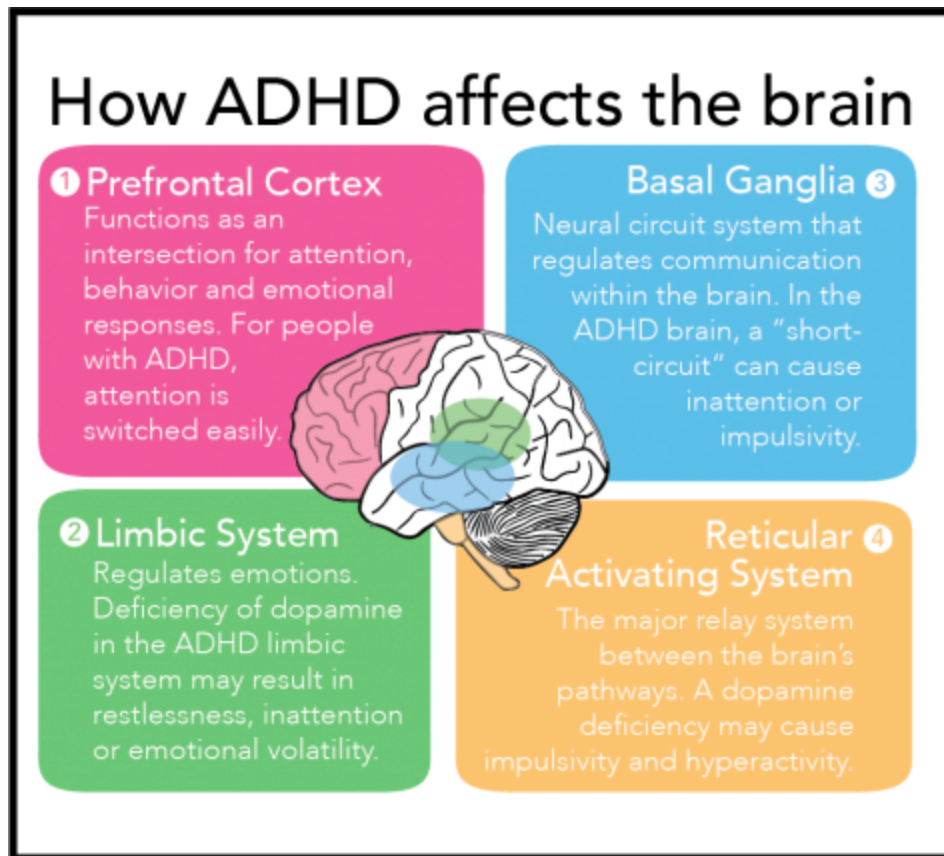
Mindfulness is the practice of paying attention to the present moment without judgment. It's a way of training your mind to focus on one thing at a time and to let go of distractions.

There are many different ways to practice mindfulness, but one simple way is to focus on your breath. When you notice your mind wandering, gently bring your attention back to your breath.

With practice, you'll start to be able to focus your attention for longer periods of time. And as you do, you'll find that your monkey mind starts to calm down.

So if you're struggling with ADHD, don't give up! Mindfulness can help you tame your inner chimp and live a more focused and productive life.





What goes on inside the brain of an ADHD person:

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder that affects a person’s ability to pay attention, control their impulses, and be still. It is estimated that 6.1 million children in the United States have ADHD, and 2.5% of adults have the condition.

The exact cause of ADHD is unknown, but it is thought to be caused by a combination of genetic and environmental factors. There is some evidence that ADHD is associated with differences in the structure and function of the brain.

One of the most well-studied areas of the brain in ADHD is the prefrontal cortex. *The prefrontal cortex is responsible for executive functions, such as planning, organizing, and decision-making.* People with ADHD often have smaller prefrontal cortexes than people without ADHD. They also have less activity in this area of the brain.

Another area of the brain that is often affected in ADHD is the striatum. *The striatum is involved in reward and motivation.* People with ADHD often have more activity in this area of the brain, which may lead to them seeking out stimulating activities.

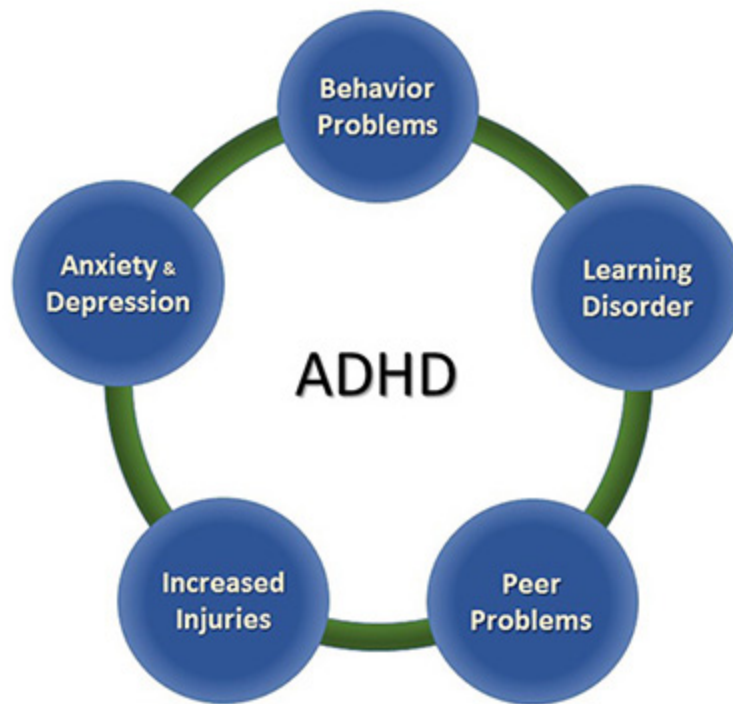
In addition to these structural and functional differences, people with ADHD may also have problems with neurotransmitters. *Neurotransmitters are chemicals that allow brain cells to communicate with each other.* People with ADHD often have lower levels of dopamine and norepinephrine, which are two important neurotransmitters involved in attention and impulse control.

The combination of these factors can lead to the symptoms of ADHD, such as difficulty paying attention, impulsive behavior, and hyperactivity.

How does ADHD affect the brain?

The brain is a complex organ, and there are many different ways that ADHD can affect it. Some of the most common changes include:

- **Changes in brain structure:** People with ADHD often have smaller prefrontal cortexes and striatums than people without ADHD. They may also have less activity in these areas of the brain.
- **Changes in brain function:** People with ADHD often have problems with attention, impulse control, and working memory. They may also have problems with emotional regulation and decision-making.
- **Changes in neurotransmitter levels:** People with ADHD often have lower levels of dopamine and norepinephrine, which are two important neurotransmitters involved in attention and impulse control.



What are the effects of ADHD on behavior?

The effects of ADHD on behavior can vary depending on the individual. However, some common symptoms include:

- **Difficulty paying attention:** People with ADHD often have difficulty paying attention to details, following instructions, and staying on task. They may also be easily distracted and forgetful.
- **Impulsive behavior:** People with ADHD often act without thinking, which can lead to problems in school, work, and relationships. They may also be more likely to take risks and engage in risky behaviors.
- **Hyperactivity:** People with ADHD may be fidgety, restless, and have difficulty sitting still. They may also talk excessively and have difficulty waiting their turn.

How is ADHD diagnosed?

ADHD is diagnosed based on a combination of factors, including:

- **Symptoms:** The person must have a number of symptoms of ADHD that have been present for at least six months.
- **Severity:** The symptoms must be severe enough to interfere with the person's functioning in school, work, or relationships.
- **Duration:** The symptoms must have been present since childhood.
- **Exclusion of other conditions:** The symptoms cannot be explained by another condition, such as anxiety or depression.

How is ADHD treated?

There are a number of different treatments available for ADHD, including:

- **Medication:** Medication is the most common treatment for ADHD. There are a number of different medications available, and the best medication for each individual will vary.
- **Psychotherapy:** Psychotherapy can help people with ADHD learn how to manage their symptoms and improve their overall functioning.
- **Behavioral therapy:** Behavioral therapy can help people with ADHD learn how to change their behavior and develop coping mechanisms.
- **Education and support:** Education and support can help people with ADHD and their families understand the condition and learn how to manage it.

The prognosis for ADHD is generally good. With treatment, most people with ADHD are able to live productive and fulfilling lives.

Q: Why Am I So Exhausted All the Time? ADHD Brains Wor...



<https://youtu.be/5eYcdGMJCZM>

Why people with ADHD might sometimes feel hopeless.

- **They may feel like they are different from everyone else and that they can't do the same things as other people.** This can lead to feelings of isolation and loneliness.
- **They may have experienced repeated failures in school, work, or relationships.** This can lead to feelings of inadequacy and worthlessness.
- **They may have difficulty managing their symptoms of ADHD.** This can lead to feelings of frustration and helplessness.
- **They may have been stigmatized or discriminated against because of their ADHD.** This can lead to feelings of anger, resentment, and hopelessness.

If you are feeling hopeless, it is important to remember that you are not alone. There are many people who understand what you are going through and who can help you. There are also many effective treatments available for ADHD. With the right support, you can live a happy and fulfilling life.

Symptoms of ADHD- The Bad & The Good



<https://youtu.be/W5wqILGKWmE>

Here are some tips for coping with feelings of hopelessness:

- **Talk to someone you trust about how you are feeling.** This could be a friend, family member, therapist, or other professional.
- **Find a support group for people with ADHD.** This can be a great way to connect with others who understand what you are going through.
- **Focus on your strengths.** Everyone has strengths, even people with ADHD. Make a list of your strengths and focus on them whenever you are feeling down.
- **Set realistic goals for yourself.** Don't try to do too much too soon. Start with small, achievable goals and gradually work your way up to larger goals.
- **Take care of yourself.** This means getting enough sleep, eating healthy foods, and exercising regularly. Taking care of yourself will help you feel better physically and mentally.

Remember, you are not alone. There are many people who understand what you are going through and who can help you. With the right support, you can live a

happy and fulfilling life.

Here are some DBT skills that can help people with ADHD balance their symptoms:

- **Mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. This can help people with ADHD become more aware of their thoughts, feelings, and behaviors, and it can help them to better regulate their emotions.
- **Distress tolerance:** Distress tolerance skills help people to cope with difficult emotions and situations in a healthy way. These skills can include things like relaxation techniques, distraction, and self-soothing.
- **Emotion regulation:** Emotion regulation skills help people to manage their emotions in a healthy way. These skills can include things like identifying emotions, labeling emotions, and expressing emotions in a healthy way.
- **Interpersonal effectiveness:** Interpersonal effectiveness skills help people to communicate their needs and wants in a clear and assertive way. These skills can include things like active listening, asserting yourself, and saying no.

Here are some specific examples of how these skills can be used to help people with ADHD:

- **Mindfulness:** If a person with ADHD is feeling overwhelmed by their thoughts and feelings, they can practice mindfulness by focusing on their breath or the sensations in their body. This can help them to calm down and to get a better perspective on the situation.

- **Distress tolerance:** If a person with ADHD is feeling stressed or anxious, they can use distress tolerance skills to cope with these emotions. For example, they could practice relaxation techniques such as deep breathing or meditation. They could also distract themselves by doing something they enjoy, such as listening to music or reading.
- **Emotion regulation:** If a person with ADHD is feeling angry or frustrated, they can use emotion regulation skills to manage these emotions. For example, they could identify the emotion they are feeling and label it. They could then express the emotion in a healthy way, such as through exercise or journaling.
- **Interpersonal effectiveness:** If a person with ADHD is having difficulty communicating their needs to others, they can use interpersonal effectiveness skills to improve their communication. For example, they could practice active listening by paying attention to what the other person is saying and by asking clarifying questions. They could also assert themselves by stating their needs clearly and directly.

It is important to note that these are just a few examples of how DBT skills can be used to help people with ADHD. There are many other ways that these skills can be used, and the best way to use them will vary from person to person. If you are interested in learning more about DBT, there are many resources available online and in libraries. You can also talk to a therapist or counselor who specializes in DBT.

Here are 12 mindfulness exercises that can assist persons with ADHD:

- **Body scan:** This is a simple mindfulness exercise that involves paying attention to the sensations in your body. Start by sitting or lying in a comfortable position. Close your eyes and take a few deep breaths. Then, focus your attention on your feet. Notice the sensations of your feet on the ground. Then, move your attention up to your legs, your torso, your arms, your neck, and your head. Notice any changes in the sensations as you

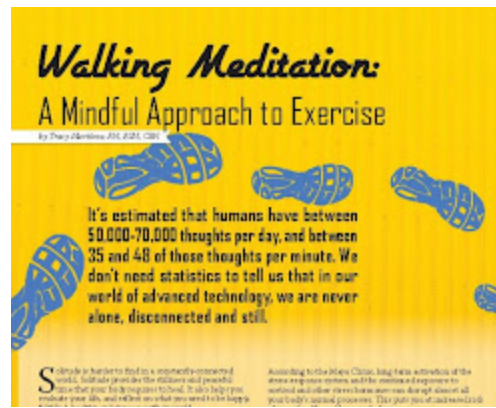
move your attention up your body. [Calm Sage](#) Body scan mindfulness exercise



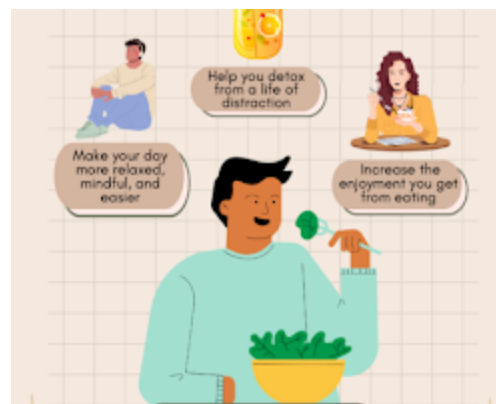
- **Breathing meditation:** This is another simple mindfulness exercise that involves focusing on your breath. Start by sitting or lying in a comfortable position. Close your eyes and take a few deep breaths. Then, focus your attention on the rise and fall of your breath. Notice the feeling of the air as it enters and leaves your body. You may also want to count your breaths, or to label each breath as “in” and “out.” [American Nurse](#) Breathing meditation mindfulness exercise



- **Mindful walking:** This is a mindfulness exercise that you can do while you are walking. Start by paying attention to your feet as they hit the ground. Notice the sensations of your feet on the ground and the feeling of your legs moving. You may also want to pay attention to your breath or to the sounds around you. [Obesity Action Coalition](#) Mindful walking mindfulness exercise



- **Mindful eating:** This is a mindfulness exercise that you can do while you are eating. Start by paying attention to the food in front of you. Notice the colors, the shapes, and the textures of the food. Then, take a bite of the food and notice the taste, the smell, and the feeling of the food in your mouth. You may also want to pay attention to your thoughts and feelings as you are eating. [Mental Health Pal](#) Mindful eating mindfulness exercise



- **Mindful listening:** This is a mindfulness exercise that you can do while you are listening to music or to someone talking. Start by paying attention to the sounds that you are hearing. Notice the different pitches, the volumes, and the rhythms of the sounds. You may also want to pay attention to your thoughts and feelings as you are listening. [Twinkl](#) Mindful listening mindfulness exercise



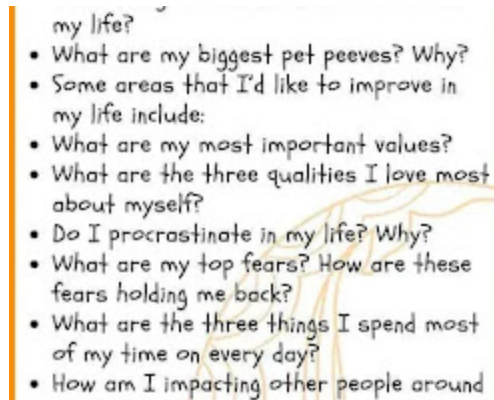
- **Mindful nature:** This is a mindfulness exercise that you can do while you are in nature. Start by paying attention to your surroundings. Notice the trees, the plants, the animals, and the sounds of nature. You may also want to pay attention to your thoughts and feelings as you are in nature. [Healing Forest](#) Mindful nature mindfulness exercise



- **Mindful movement:** This is a mindfulness exercise that you can do while you are moving your body. Start by paying attention to your body as you are moving. Notice the sensations in your muscles and joints. You may also want to pay attention to your breath or to the thoughts and feelings that come up as you are moving. [Mindful.org](#) Mindful movement mindfulness exercise



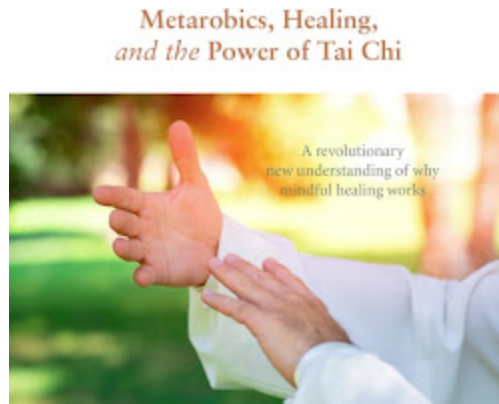
- **Mindful journaling:** This is a mindfulness exercise that you can do by writing in a journal. Start by writing about your thoughts and feelings. You may also want to write about your experiences with mindfulness. [Journal Buddies](#) Mindful journaling mindfulness exercise



- **Mindful drawing:** This is a mindfulness exercise that you can do by drawing or painting. Start by paying attention to the colors, the shapes, and the textures that you are using. You may also want to pay attention to your thoughts and feelings as you are drawing or painting. [MINDFUL CREATIVE MUSE](#) Mindful drawing mindfulness exercise



- **Mindful tai chi:** Tai chi is a gentle form of exercise that can be done mindfully. Start by paying attention to your body as you are moving through the tai chi movements. Notice the sensations in your muscles and joints. You may also want to pay attention to your breath or to the thoughts and feelings that come up as you are doing tai chi. [YMAA](#) Mindful tai chi mindfulness exercise



- **Mindful yoga:** Yoga is another gentle form of exercise that can be done mindfully. Start by paying attention to your body as you are moving through the yoga poses. Notice the sensations in your muscles and joints. You may also want to pay attention to your breath or to the thoughts and feelings that come up as you are doing yoga. [Mindful.org](#) Mindful yoga mindfulness exercise



- **Mindful stretching:** Stretching is a great way to relax your body and to improve your flexibility. Start by paying attention to your body as you are stretching. Notice the sensations in your muscles and joints. You may also want to pay attention to your breath or to the thoughts and feelings that

come up as you are stretching. [Zenful Spirit](#) Mindful stretching mindfulness exercise



Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Yoga

4 yin yoga asanas that are helpful for teens with ADHD:

- **Child's pose:** This is a gentle pose that is great for calming the mind and relaxing the body. To do child's pose, start on your hands and knees. Then, slowly lower your hips down to your heels and fold your torso over your thighs. Rest your forehead on the ground and relax your arms by your sides. Hold this pose for 5-10 minutes. [Yogajala](#) Child's pose yoga asana



Yin Yoga Child's Pose with a Twist with modifications



<https://youtu.be/swvLhYZuwGw>

- **Supported bridge pose:** This pose is a great way to stretch the back and open the chest. To do supported bridge pose, start lying on your back with your knees bent and your feet flat on the ground. Place a yoga block or a rolled-up blanket under your sacrum. Then, press into your feet and lift

your hips up off the ground. Hold this pose for 5-10 minutes. [Hugger](#)
[Mugger](#) Supported bridge pose yoga asana



<https://youtu.be/Y6N0JeKNwMw>

- **Knee to chest pose:** This pose is a great way to stretch the hip flexors and open the chest. To do knee to chest pose, start sitting on the ground with your legs extended in front of you. Bend your right knee and bring your right foot to your chest. Hold your right thigh with both hands and gently pull your knee towards your chest. Hold this pose for 5 breaths, then switch sides. [Yoga Class Plan](#) Knee to chest pose yoga asana



- **Reclining bound angle pose:** This pose is a great way to stretch the inner thighs and groin. To do reclining bound angle pose, start lying on your back with your legs extended in front of you. Bend your knees and bring the soles of your feet together. Cross your arms over your shins and hold your feet with your hands. Gently draw your feet towards your body. Hold this pose for 5-10 minutes. [Yoga Journal](#) Reclining bound angle pose yoga asana



Restorative Yoga - Supported Reclined Bound Angle aka Sa...



<https://youtu.be/eJ7A6s4hqxk>

These are just a few examples of yin yoga asanas that are helpful for teens with ADHD. There are many other poses that you can try. If you are new to yoga, it is a good idea to start with simple poses and gradually work your way up to more challenging poses. It is also important to listen to your body and not push yourself too hard.

Yin yoga can be a great way for teens with ADHD to relax, focus, and improve their overall well-being. If you are interested in trying yin yoga, there are many resources available online and in libraries. You can also talk to a yoga instructor who can help you find poses that are right for you.

Research

Resources

BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)**
<https://www.intherooms.com/home/>
- **National Institute of Mental Health:**
<https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **Attention Deficit Disorder Association:** <https://add.org/>
- **American Academy of Child and Adolescent Psychiatry:**
<https://www.aacap.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

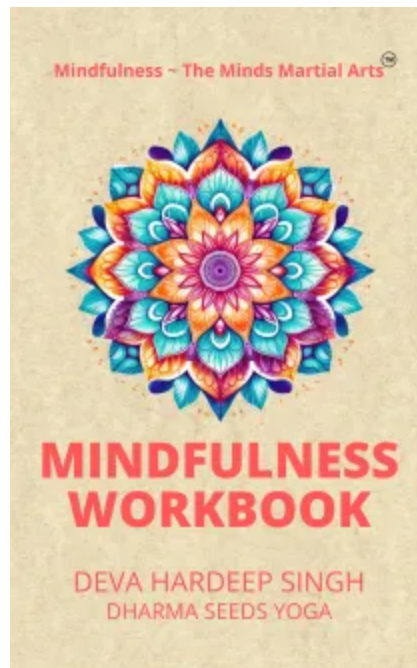
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Join our Engage Mindfulness™ *Minds Martial Artist™* program FREE



For more information on our Engage Mindfulness™ please email: dharmaseedsyoga@gmail.com



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

The Mind's Martial Arts™ Chapter 1



World Yoga Federation

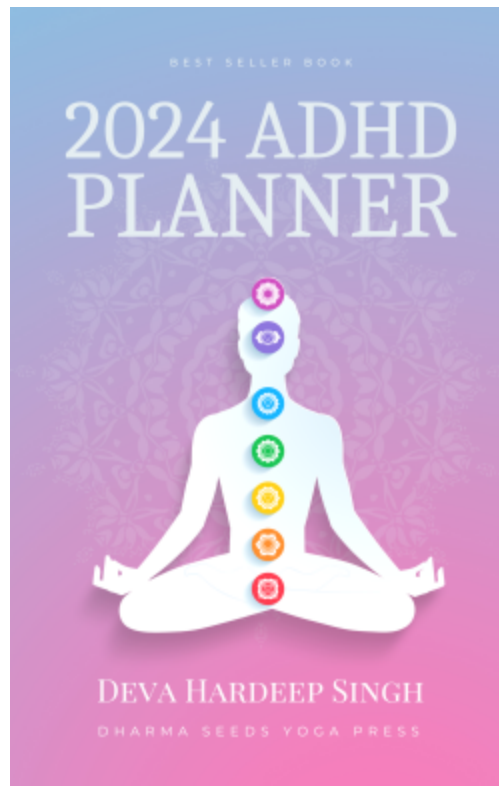


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The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner:

- **Mindfulness activities and exercises:** The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being.
- **Goal-setting:** The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- **Progress tracking:** The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
- **Calming illustrations:** The planner includes calming illustrations that can help you to relax and to focus.
- **Soothing color scheme:** The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.



Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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July 7, 2023

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